



Halloween Treats 2022

<u>Chocolate bars (treat size)</u>	<u>Grams of Carb</u>	<u>Chocolate Bars</u>	<u>Grams of Carb</u>
Aero (7.3g) or scAero	4.5	Mars (13g)	9
Bueno Mini (5g)	2.5	Mr Big (11g)	7
Caramilk (2 sq(10g) = 7) 1 sq(8g) = 6		M&M -Milk Choc (13g)	9
Coffee Crisp (12g) or Coffin Crisp	8	-Peanut (13g)	7
Crispy Crunch (12g)	8	O'Henry (15g)	8
Crunch (9g)	5.5	Reese's PB or Choc Pumpkin (17g)	9
Hershey: Cookies & Cream (10g)	6	Reese's Pieces (11g)	6.5
Fangs and Crocs (13g)	8	Reese's Mini PB Cups (8.8g)	5
Kinder Mini (6g)	3	Reese's Peanut Butter cup (16g)	8
Kinder Surprise (1 egg)	11	Smarties (10g) or Scarios (10g)	8
Kinder Happy Hippo (1 piece)	11	Snickers (13g)	8
Kit Kat (12g)	8	Twix (10g)	7
-Spooky Break (8g)	4.5	Wagon Wheel (1)	24
Mackintosh Toffee (8g)	6	Whoppers (7g)	5
		Wunderbar (12g)	6
<u>Maynards (12.6g pkg)</u>		<u>Bubble Gum</u>	
Swedish Berries	11	Hubba Bubba Bubble Gum (1 piece)	4
Sour Patch Kids	11	Cry Baby Bubble Gum (5.5g piece)	5
Fuzzy Peach	11	Painterz Mouth Coloring BG (5.5g)	5
Swedish Fish	11	Double Bubble Bubble Gum (6g)	5
<u>Lollipops</u>		<u>Tootsie Roll</u>	
Finger Pops (10g pop)	10	Dots (1 box of 11 dots – 20g)	17
Warheads Lollipop (5g pop)	5	Tootsie Pops (1 pop – 17g)	15
Jolly Rancher Pops (5.5g pop)	5	Roll Snack Bar (16g bar)	12
		Fruit Chews (1 piece)	5
		Tootsie Pop Miniatures (5g pop)	4.5
		Tootsie Roll Junior (10g)	7
		Mini Tootsie Roll or Midgee (1 piece)	4.5

<u>Others</u>	<u>Grams of Carb</u>
Twizzlers -Twists (12 g)	9
-Pull n Peel (12g)	10
-Cherry Nibs (13g)	10
Kerr's Molasses Kisses (1 piece)	7
Caramels (1 piece)	5
Fruit Gushers (23g pkg)	18
Fruit by the Foot (21g pkg)	17
Fruit Roll-ups (14g)	11
Skittles (Fun size)- original (15g)	14
Deli Jelli Gummy (10g pkg)	8
Freddo Caramel Pumpkins (10g)	6
Starburst -Original(1 pkg – 2 pieces)	8
- Fave Reds	8
Body Parts-Eyes, Ears, Brain, Feet, Finger	5
Gummy Party -William Burger (8g)	6
- Sandwich Sam (8g)	6
- Hot Doug (8g)	6
- Ice Kim Cone (8g)	6
- Frank Fries (8g)	6
Jolly Rancher	
-Misfit Gummies (10g piece)	9
Real Fruit Gummies (12g pouch)	10
Sunkist Fruit Snacks (22g pouch)	16
Haribo Gummy -Happy Cola (14g)	11
Kool-Aid Gummies (5g piece)	4
Maid Good Mini Granola Bars (12g)	8
Mini Chips Ahoy (15g pkg)	10
Mini Oreo Minis (15g pkg)	11
Rice Krispie Minis (11g bar)	8
Goldfish (14g pkg)	9
(28g pkg)	18

<u>Chips</u>	<u>Grams of Carb</u>
Old Dutch (16g pkg)	9
Lays (16g pkg)	8
Pringles (19g pkg)	11
Doritos- Nacho Cheese (16g pkg)	9
- Sweet Chili Heat (16g pkg)	9
Popcorn Twists (10g pkg)	5
Cheetos (16g pkg)	9
Cheesies (28g pkg Snack Pak)	16
Mini Takis (35g pouch)	19
Humpty Dumpty Cheese Sticks (16g)	7
Rocket's – Roll (7.5g)	7
- Mini Roll (4.5g)	4
- Candy Money(11g) or Ring(12g)	10
- Double Lolly (8g)	8
Popping Candy –Warheads (1 pouch)	3
-Kool-Aid (1 pack)	3
Popeye Candy Sticks (1 box)	2.5
Airheads (11g)	11
Candy Bracelet (10g)	9
Cheez-It Crackers (28g pouch)	15
Smartfood White Cheddar Popcorn (12g)	5

Tips to handle Halloween:

1. If you need to estimate the carbohydrate content of straight sugar candies (suckers, jawbreakers, bubble gum, gummy candy or hard candy), a good 'rule of thumb' is to weigh it and use the gram weight to calculate the carbohydrate. 1 gram in weight is equal to 1 gram of carbohydrate. This is a close estimate. You will be within 1-2 grams.
2. Sort candy into treats and those which can be used to treat low blood sugars (Rockets, Skittles). Put in little bags and label with "equals 10g Carb" or "equals 15g Carb".

